



## Season's Greetings! Carbon County Senior Citizens

### Peripheral Artery Disease or P.A.D.

#### What is P.A.D.?

Also known as Leg Artery Disease, is caused when the arteries in your legs become blocked and your legs do not receive enough blood or oxygen. You are more likely to develop peripheral artery disease as you age.

#### Other names for peripheral artery disease

- **Atherosclerotic peripheral arterial disease**
- **Vascular Disease**
- **Hardening of the arteries**
- **Claudication**
- **Poor circulation**
- **Leg cramps from poor circulation**

#### What are the causes?

The most common cause of P.A.D. is **Atherosclerosis**. This is the build-up of plaque on the wall of the arteries. The exact cause of atherosclerosis is not known. It may start when the inner layers of the artery are damaged, for example, by **smoking**. Because of this damage our bodies begins the healing process and this healing may cause plaque to build-up where the arteries are damaged. This plaque may crack and platelets

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#### Important Dates

12/25/09 Centers Closed for Christmas	
01/01/2010 Centers Closed for	
New Year's Day	

(blood cell fragments) stick to the artery lining at the damage site forming a clot. The build-up of blood clots will eventually narrow or block the arteries thus decreasing the oxygenated blood flow to the lower extremities. Other causes are:

- **High cholesterol level**
- **Hypertension**
- **Increased level of homocysteine, an amino acid in the blood**
- **Weighing over 30% your ideal body weight**
- **Diabetes**

### What are the signs and symptoms?

At least 1/2 of the individuals with P.A.D. do not have any signs or symptoms while the other 1/2 may have a number of them. They are

- *Intermittent Claudication*—pain, numbness, heaviness or aching in the leg muscles when walking or climbing stairs.
- *Weak or absent* pulses in the legs or feet.
- *Sores* to the feet, toes & legs that heal slowly, poorly or not at all
- *A pale or bluish* color to the skin.
- *Temperature* of one leg is lower than in the other.
- *Poor nail growth* of the toes or decreased hair growth on the legs.
- *Erectile dysfunction*, esp. among men with diabetes.

### Who is at risk?

Peripheral Artery Disease affects 8-12 million people in the US with African Americans being 2X more likely to develop the disease.

Other factors are if you have:

- **Smoking (or history of)** - is more closely related to P.A.D. than any other risk factor. Your risk is 4X more likely than a non-smoker and symptoms develop 10 years earlier than in a non-smoker. Quitting smoking slows the progression of the disease and even smoking 1-2 cigarettes a day will interfere with P.A.D. treatments.



- **Diabetes-** this risk factor is a close second to smoking. One in three people who has diabetes and is older than 50 are likely to develop P.A.D.
- **Hypertenion-**or a family history of it.
- **Heart disease-** or a family history of it.
- **Stroke**—or a family history of it. **ALSO Note:** If you have P.A.D. your risk for **Coronary Artery Disease, Heart Attack, Stroke & TIA's (transischenic attack/ mini-stroke)** is **SIX to SEVEN TIMES GREATER.** If you have heart disease you have a 1 in 3 chance of having blocked leg arteries.

### What are the tests that can be done?

If you suspect you may be at risk CALL you physician and make an appointment. He may ask you questions about general health check your medical history and ask about your symptoms. It is very important to tell him everything you have noticed or experienced so that an accurate diagnosis can be determined. If you have history of heart attack, stroke, mini-strokes, coronary artery disease or actual P.A.D.-you should check with your physician on how often he would like to monitor you. Some tests performed include the following:

- **Least extensive:** Pulse tests, which measure the strength of your pulse in arteries behind your knees and feet.
- **More in-depth:** Ankle-brachial index (ABI), which compares the blood pressure in your arms and legs; and blood tests for cholesterol or other markers for artery disease.

To better understand the extent of your leg artery disease, your physician may also recommend the following tests:

- **Duplex ultrasound** uses high-frequency sound waves to measure real-time blood flow and detect blockage or other abnormalities in the structure of your blood vessels.
- **Pulse volume recording** measures the volume of blood at various points in the legs using an arm blood pressure cuff and a Doppler probe.
- **Magnetic resonance angiography (MRA)** uses magnetic fields and radio waves to show blockage inside your arteries



- **Computed tomographic angiography (CTA)** uses specialized CT scans and contrast dye to show blockages inside your arteries. Angiography, which produces x-ray pictures of the blood vessels in your legs using a contrast dye to highlight your arteries.

Physicians usually reserve angiography for people with more severe forms of leg artery disease.

### **What are the treatments for P.A.D.?**

Here are some treatment options that help individuals with peripheral artery disease.

1. **Medications**-physician's may treat other conditions such as, hypertension, hypercholesterolemia & diabetes, that contribute to the development of P.A.D. He may also treat you with Plavix, Aspirin or Pletal, the drug prescribed to improve the distance you can walk without discomfort.
2. **Walking Exercise**-Exercising and walking regularly, for instance walking 30 minutes at least 3x a week, may help to improve symptoms.
3. **Angioplasty and stenting**-this is a minimally invasive treatment and is used when exercise and medication is not enough. Sometimes more than one of these options is used in combination in order to yield the best results.
4. **Bypass surgery**-one of your veins or a tube made of man-made materials is used to create a detour around the blockage. Treatment of choice for extensive artery blockages.
5. **Endarterectomy**-more invasive procedure. Surgery is performed on the artery in which the plaque is removed from the inner lining of the artery. This opens up the artery and restores blood flow. Effectiveness of this method depends on location and extent of the blockage.
6. **Amputation**-when damage is too extent and the leg is unsalvageable.

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Dear Seniors,

Before we know it, it will be Christmas day. 2009 is definitely on it's way out. But let's enjoy the holidays while they are here. We are planning an evening for the seniors to enjoy the Christmas lights. Many of our county residents decorate their homes quite beautifully, as do many local businesses. Last year we loaded up our buses and went out to enjoy all the beautiful decorations and lights. We will be doing this again on the 21st of December. We will stop for hot chocolate and cookies afterward. It should be a fun evening.

Have you ever wondered about some of our Christmas traditions? I have. What on earth do mistletoe, poinsettias, holly and ivy have to do with Christmas. Isn't Christmas all about the Christ child? Well, not anymore. Below are some explanations for a few Christmas symbols and how they came about. I hope you enjoy.

**Mistletoe:** Mistletoe was used by Druid priests 200 years before the birth of Christ in their winter celebrations. They revered the plant since it had no roots yet remained green during the cold months of winter.

The ancient Celts believed mistletoe to have magical healing powers and used it as an antidote for poison, infertility, and to ward off evil spirits. The plant was also seen as a symbol of peace, and it is said that among Romans, enemies who met under mistletoe would lay down their weapons and embrace.

Scandinavians associated the plant with Frigga, their goddess of love, and it may be from this that we derive the custom of kissing under the mistletoe. Those who kissed under the mistletoe had the promise of happiness and good luck in the following year.

**Poinsettias:** A native Mexican plant, poinsettias were named after Joel R. Poinsett, U.S. ambassador to Mexico who brought the plant to America in 1828. Poinsettias were likely used by Mexican Franciscans in their 17th century Christmas celebrations. One legend has it that a young Mexican boy, on his way to visit the village Nativity scene, realized he had no gift for the Christ child. He gathered pretty green branches from along the road and brought them to the church. Though the other children mocked him, when the leaves were laid at the manger, a beautiful star-shaped flower appeared on each branch. The bright red petals, often mistaken for flowers, are actually the upper leaves of the plant.

**Holly, Ivy and Greenery:** In Northern Europe Christmas occurred during the middle of winter, when ghosts and demons could be heard howling in the winter winds. Boughs of holly, believed to have magical powers since they remained green through the harsh winter, were often placed over the doors of homes to drive evil away. Greenery was also brought indoors to freshen the air and brighten the mood during the long, dreary winter.

Legend also has it that holly sprang from the footsteps of Christ as he walked the earth. The pointed leaves were said to represent the crown of thorns Christ wore while on the cross and the red berries symbolized the blood he shed.

Finally, our next AARP defensive driver training course is scheduled for January 5th at 1 p.m. Leonard Miller has been teaching the class now for just over three years. That means that those in his first class need to take the class again in order to continue getting the insurance discount. Be sure to call the center and sign up (636-3202). The class is one day beginning at 1 p.m. and finishing up at 5 p.m. The cost of the class is \$12.00.

May God bless each of you this most holy of seasons!

Debby

**Matthew 1:23**

Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. (KJV)

## **What you Can do to Stay Healthy**

The following are a list of lifestyle changes that can help you in managing your peripheral artery disease:

- 1. Manage your diabetes by maintaining healthy blood sugar levels.**
- 2. Lowering high blood cholesterol levels**
- 3. Lowering high blood pressure levels**
- 4. Quit smoking**
- 5. Eating foods low in saturated fats and calories**
- 6. Maintaining your ideal body weight**
- 7. Exercising and walking regularly- example, 30 minutes 3 x a week**

## **Talking to your Doctor**

### **General Tips for Gathering Information:**

Here are tips that will make it easier for you to talk to your doctor:

- Bring someone else with you. It helps to have another person hear what is said and think of things you may have missed.
- Write out your questions ahead of time, so you don't forget them.
- Write down the answers you get, and make sure you understand what you are hearing. Ask for clarification if necessary.
- Don't be afraid to ask questions and learn where you can find more information about what you are discussing. You have a right to know.

### **For the doctor:**

- **Know your family history-** did anyone have a history of diabetes, smoking, hypertension, hypercholesterolemia, coronary artery disease, atherosclerosis, obesity.
- **Know the reason** of your grand-parents and your parents passing.
- **Discuss your potential** of having any risk factors with your physician.
- **Tell your doctor** about your present lifestyle-if you are active, have a daily exercise routine and reasons for in-activity.

- **List all current medications** you are on ( name, mgs, how often, and why). If possible put down the date and year they were first prescribed to you. Do not forget to list the medications that you take over the counter (Vitamins, supplements, etc.). This will assist in possibly avoiding medication interactions.
- **Know your diet & your average weight.** Monitor what you eat on a daily basis prior to going to the physician. To help remember- write it down at mealtimes.
- **Finally, discuss your symptoms.** Explain all the symptoms/feelings you have experienced to the best of your ability. Try to be as exact as possible as to when you first noted the symptoms, how often you had them, when they would happen most (eg- while walking, exercising, sitting, standing, climbing or resting).

### **Specific Questions to Ask Your Doctor**

- Make a list prior to your visit of signs and symptoms that you want explained.
- How soon, if at all, can I expect to develop symptoms from my peripheral artery disease?
- How will this disease affect my diabetes or will it?
- Should I see podiatrist for foot care and checks? If so, how often?
- How likely is it that I will have complications like infection or gangrene?
- Am I doing all I can to address the causes of this conditions to help keep it from getting worse?
- Is there a special diet I should follow?
- What sort of exercise program should I follow?
- Do you have information on a proper and safe exercise program?
- What can I expect in the future?
- Ask about resources (internet sites, support groups, etc.) that may be available in your community.

### **About Treatment Options**

What medications do you recommend?

- What effects, both positive and negative, can I expect?
- Will they interact with anything I am already taking?
- Are there any foods I should avoid while taking this medication?

- How long will I have to take them?
- In the future, will a change in medications mean that my condition is getting worse?

Are there alternative therapies that have been shown to help treat peripheral artery disease?

When or under what circumstances should I consider an invasive procedure?

**REMEMBER:** There are no dumb questions **SO ALWAYS** ask what you want to know.

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	2	1				4		
					6		2	3
			4	1				
	1	4		7			9	
	6			3		8	1	
				9	8			
8	4		7					
		2				3	5	

Fill in the blank squares so that each row, each column and each

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Use the answers on page 12, if you really get stuck.



CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
<b>MON</b> Blood Pressure 2nd & 4th Monday at 10:00a /	Billiards daily 8a-4p Shopping Albertsons 1p Shopping 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays "Music of the Heart"	Bingo (American Legion Auxiliary) at 6p
<b>TUE</b>	Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	The Four Tune O's 1st & 3rd Tues 11:30a	
<b>WED</b>	Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p	Melody Five at 11:30a	
<b>THU</b>	Billiards daily 8a-4p Cards/Game 1p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	James (Jimmy) Eaquanto 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Carbon County Historical Society last Thurs of month
<b>FRI</b> Free Hearing & Hearing Aid Checks 2nd Fri. at 10:30a	Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p Ceramics 10a	Exercise Gym open daily 8a-4p		
<b>Computer Class:</b> Call Center for info 636-3202		<b>On going Daily Activities:</b> Subject to Change without Notice			

# Couch Potato Exercises

**Stay fit without straying far from your sofa.**

By Camille Noe Pagan

Not quite motivated for a serious workout? Couch potato exercises may be the way to go.

In fact, if you find it hard to keep moving, you may have your genes to blame. A recent study from Peninsula Medical School in the United Kingdom found that an “activity gene,” rather than environmental factors, had the largest influence on physical activity levels.

So does that mean you’re doomed to be a couch potato? Not at all, says Robyn M. Stuhr, executive vice president of the American Council on Exercise. “You may never be one to enjoy spending an hour a day on the treadmill. But no matter what your preferences or your genetic make-up you can fit a little exercise in on a regular basis.”

In fact, Stuhr has a plan that removes your last excuse: a workout that doesn’t even require you to move far from your sofa. Do all three steps of these couch potato exercises for a more complete 30-minute workout:

**1. Stretch:** Lie on your back on the sofa, and slowly bring one knee up to your chest, pulling it in with your arms as far as feels comfortable. Hold for 10 seconds, then slowly release. (You should be able to keep your head turned comfortably toward the television as you do this.) Repeat with the other leg, alternating two times. Next, stand up, hold arms out to the sides and slowly move them in big circles. Repeat eight times; then reverse the direction of the circles.

**You’ll get:** About six minutes of a workout with this sitting exercise, if you repeat this sequence at the beginning and end of the show you’re watching.

**2. Strengthen:** Stand and slowly raise one foot a few inches in front of you, then trace the letters of the alphabet with that foot (hold the sofa arm if you need support). Repeat with the other foot. Next, lie flat on the floor. Tense your thigh muscles and abdominals, and lift one leg about 6 inches off the ground, then lower. Repeat four to six times, then, switch legs.

**You’ll get:** Five to seven minutes of exercise, if repeated at the beginning and end of a show.

**3. Sweat:** During commercial breaks, march around the room, lifting your knees as you step. After about a minute and a half, stop and march in place, stepping side to side occasionally.

**You’ll get:** Sixteen minutes of exercise, if you do this during every commercial break during an hour long show.

# Senior Bowling

## Strike Pot

Elnora C.

Evelyn P.

John p.

Doug H.

Del V.

Bill M.

Pat M.

## Splits

Tom B. 4-5

Pat M. 5-7

Joan 5-10

Elnora C. 5-6/4-5

Evelyn P. 10-4/5-6/4-5

Tonie L. 6-7

Nora A. 4-5

Bill M. 5-6

Rusty V. 4-5

Garth P. 4-5

Del V. 4-5/5-6/3-7

Doug H. 5-6

## High Score

Joan 152

Pat . 164

Earline 170

May M. 144

Doug H. 169-185-198-205

Henry S. 177-148-176-152

John P. 146-170-161

Tom B. 204-156-155-190

Garth P. 159

Jake L. 170-165

Del V. 209-221-187

Max A. 60-122

Bill M. 174-179

Tonie L. 158

Pat H. 142

Helen Z. 142





## **Scam Alert: "Grandkids" Tap Grandparents for Fast Cash**

Who could refuse a beloved grandchild who's in trouble?

You know the answer, so you need to be aware of telephone calls from "grandchildren" asking for money. Yes, the classic "grandparent scam" is back—with a vengeance.

In recent weeks, police across the country have reported an upsurge in reports of callers who phone older Americans, posing as their grandchildren in need of fast cash and urging their victims to send them money via a money order or through a wire service like Western Union or MoneyGram.

How do they get away with it?

Usually, the phone call starts something like this: "Hi, Grandma, is that you?" or "Hi, Grandpop, it's me—your favorite granddaughter!"

"What happens is that the senior may be momentarily confused or not recognize the voice because of hearing loss, and respond with something like, 'Mary is that you?' Once they relate to a name, they're pretty much hooked," explains Detective Carl Filsinger of the Weston, Conn., police department. In just two weeks, his department—which serves a town of only 10,000 people—received at least six reports of these phone calls. And since many targets don't report these crimes, Filsinger says the number of incidents is probably higher.

One Weston grandmother was about to purchase a \$2,400 money order at Wal-Mart—for her "grandchild"—but a store employee alerted her to the possibility of a scam, says Filsinger.

A common crisis summoned up by callers: They say they've been jailed in Canada and ask for bail money to be wired to that country; that ploy recently duped one Tulsa, Okla., area grandparent out of \$5,500. But recent requests are also for money to pay for car trouble, tuition, textbooks or other "emergency" expenses.

"The callers stress they need the money fast, and usually want a money order or MoneyGram rather than a personal check," says Filsinger. The scammer can easily get the cash, often without showing identification.

To protect yourself from these phony phone calls:

Don't fill in the blanks. If the caller says, "It's your granddaughter," respond with "Which one?" Most likely, the perpetrator will then hang up, says the Washington state Attorney General's Office, which has posted [an advisory](#) on its website.

- Verify the caller. Always confirm your grandchild's identity by saying you will return the call at his or her home or on his cell phone (but don't ask the caller for it). If you don't have your grandchildren's phone numbers, contact a trusted family member for them.
- Be mum on account numbers. Never provide your bank or credit card account numbers to any caller—regardless of the reason.
- Be suspicious of requests for money wires.
- So if your "grandchild" calls requesting money, contact your local police department or state attorney general's office.

By: [Sid Kirchheimer](#) | Source: AARP Bulletin Today |

Attention!

## Computer Class

6 weeks

Dec. 4, 11, 18, 2009 & Jan. 8, 15, 22, 2010

10:00AM

Internet, Email, Word Processing

Instructor: Greg Spence

To sign up call 636-3202

<b>East Carbon</b>	
<b>Classes &amp; Activities</b>	<b>Day &amp; Time</b>
<b>The Four Tune O's</b>	1st & 3rd Monday 11:30am
<b>Lunch</b>	Daily ( Mon -Fri) 12:30pm
<b>Bingo</b>	Wed, 1:30pm
<b>Cards</b>	Tues & Fri 1:30pm
<b>Blood Pressure</b>	1st & 3rd Weds of month 10:30am
<b>Shopping in Price</b>	Friday 1:30pm
<b>Billiards</b>	Daily During Business Hours
<b>Computer Class</b>	to be announced Call center for more info
<b>Exercise Class</b>	Tues & Thurs 11:30 a.m.
<b>Walking (<u>when weather permits</u>)</b>	Daily 7 a.m.

# Answers

6	2	1	3	5	7	4	8	9
4	5	7	9	8	6	1	2	3
9	8	3	4	1	2	6	7	5
3	1	4	8	7	5	2	9	6
2	7	8	1	6	9	5	3	4
5	6	9	2	3	4	8	1	7
1	3	6	5	9	8	7	4	2
8	4	5	7	2	3	9	6	1
7	9	2	6	4	1	3	5	8